

LABEL LOGIC

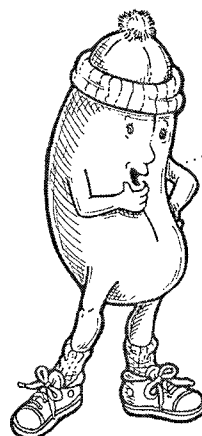
Potatoes

Name _____

Fresh, unprocessed potatoes are a healthful vegetable. They are high in fiber, vitamin C and other important nutrients. This activity will help you to see how processing affects the nutritional value of potatoes.

DIRECTIONS

Use the *Nutrition Facts* food labels below to complete the information about each type of potato product. Use this information to answer the questions that follow.



Nutrition Facts	
Fried Potato Crisps	
Serving Size 1 oz. (28g), approx 14 crisps	
Amount Per Serving	
Calories 158	Calories from Fat 99
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 186 mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%

Nutrition Facts	
Baked Potato	
Serving Size 1 medium (with skin)	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 11 mg	<1%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
Vitamin A 0%	Vitamin C 30%
Calcium 1%	Iron 10%

Nutrition Facts	
Hashed Brown Potatoes	
Serving Size 1/2 cup (78g)	
Amount Per Serving	
Calories 163	Calories from Fat 99
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 4g	
Cholesterol 0 mg	0%
Sodium 19 mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 4%

Nutrition Facts	
French Fries (small order)	
Serving Size 15 fries (74g)	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 3.5g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 4%

Nutrition Facts	
Mashed Potatoes	
Serving Size 1/2 cup (105g)	
Amount Per Serving	
Calories 111	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 13 mg	4%
Sodium 309 mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	
Vitamin A 4%	Vitamin C 10%
Calcium 3%	Iron 2%

Grams of total fat in one serving 11g

Vitamin C 6%
(% Daily Value)

Grams of total fat in one serving 0g

Vitamin C 30%
(% Daily Value)

Grams of total fat in one serving 11g

Vitamin C 8%
(% Daily Value)

Grams of total fat in one serving 13g

Vitamin C 6%
(% Daily Value)

Grams of total fat in one serving 4g

Vitamin C 10%
(% Daily Value)

- Compare the fat content of the different types of potato products. Rank them from lowest to highest: Baked Potato, Mashed Potatoes, Fried Potato Crisps & Hashed Brown Potatoes (tie), French Fries.
- Compare the vitamin C content of the different types of potato products. Rank them from lowest to highest: Fried Potato Crisps, & French Fries (tied), Hashed Brown Potatoes, Mashed Potatoes, Baked Potato.
- In general, what happens to the vitamin C in a potato as it is processed into other products?
It decreases.
- Which of the potato choices do you think is the most nutritious? Explain how you came up with this answer. Baked Potato. It contains the least amount of fat and the highest percentage of Vitamin C.